

Abbotts Creek Community Center Program Guide

Youth/Preschool Programs

Pirate Treasure Hunt

Ages 2-5

Join you friends at Abbotts Creek Community Center for crafts, games, and activities to celebrate a different theme each time! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather permits) and active games!

\$10 Wednesday, May 2nd 10:00-10:45am

Lil Kicks Karate

Ages 3-5

Children Will gain an edge by learning American karate, the kid-friendly way to develop important skills necessary to make the right choices. Students will practice physical techniques to develop motor skills and coordination and will have fun while learning. Instructor: Frank Pierce
Classes begin on the first Wednesday each month. Class goes on hiatus June-August each year.

\$28/4 classes Wednesday's 6:00-6:30pm

smAll-Stars – All Sports

Ages 3-5

Introduce your future all-star to various sports in this fun and engaging look at sports for preschoolers. Your child will learn the basics of different sports while developing hand-eye coordination, listening skills, good sportsmanship, and teamwork. Class takes a hiatus June-August.

Classes begin first Thursday of the month

\$40/4 classes Thursday's 4:45-5:30pm

smAll-Stars – Baseball

Ages 3-5

Introduce your future all-star to baseball in this fun and engaging look at baseball for preschoolers. Your child will learn the basics of baseball while developing hand-eye coordination, listening skills, good sportsmanship and teamwork. Class takes a hiatus June-August.

Classes begin first Monday of each month

\$40/4 classes Monday's 4:45-5:30pm

smAll-Stars – Basketball

Ages 3-5

Introduce your future all-star to basketball in this fun and engaging look at basketball for preschoolers. Your child will learn the basics of basketball while developing hand-eye coordination, listening skills, good sportsmanship and teamwork. Class takes a hiatus June-August.

Classes begin on the first Tuesday of each month

\$40/4 classes Tuesday's 4:45-5:30pm

smAll-Stars – Soccer

Ages 3-5

Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship and teamwork. Class takes a hiatus June-August.

Classes begin on the first Wednesday of each month

\$40/4 classes Wednesday's 4:45-5:30pm

JKC Self Defense for Kids

Ages 8-11

Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean Styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners but advanced martial artists can benefit too! Instructor is Amy Benevento.

\$5/class Monday's 6:00-7:00pm

Family Programs

Abbotts Creek Sport Karate

Ages 5 and up

Join Abbotts Creek Sport Karate instructor Frank Pierce to increase core training, bring sport into the field of martial arts competition at the highest level, and improve balance, hand-eye coordination, confidence and respect. Looking for something to do with your child? Parents are welcome to sign up, too! Start off with the beginner option and continue to grow with the advanced class with instructor permission.

Classes begin on the first Wednesday each month. Class goes on hiatus June-August each year.

Beginner class

\$40/class Wednesday's 6:30-7:00pm

Advanced class

\$40/class Wednesday's 7:00-8:00pm

JKC Self Defense

Ages 12 and Up

Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean Styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners but advanced martial artists can benefit too! Instructor is Amy Benevento.

\$5/class Monday's 7:15-8:15pm

\$5/class Saturday's 11:00am-12:00pm

Movie in the Park

All ages

Looking for a unique and family friendly thing to do on Friday night? Come out to Abbotts Creek Community Center for a movie in the park! Bring a towel or blanket and a snack. We will supply a family-friendly movie! Looks like rain? Don't worry. We have a backup plan! Preregistration is requested but not required. Call the front desk the week before to find out movie.

Free Monday, May 4th 7:00-9:00pm



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Adult Programs

Cardio Fuze

Ages 18 and up

Our bodies were made to move! This easy-to-follow class is designed to make you sweat, get your heart rate up and burn some calories! Our total-body workouts combine both cardio and strength conditioning. You will see and feel results in a high-energy, music-filled environment where every class feels new, fun and exciting! Instructor: Erica Ray.

\$5/class Saturday's 9:15-10am

Cardio Kick

Ages 18 and up

Cardio Kick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for a class Thursday evenings with instructor Shontera Gillespie-Coleman.

\$5/class Thursday's 6:30-7:30pm

Cardio Sculpt

Ages 18 and up

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Classes start on the first Tuesday or Thursday of each month
\$8/month Tuesday's and/or Thursday's 9:30-10:00am

English as a Second Language (ESL)

Ages 18 and up

Ready to thrive in the community by learning to speak English and understand American culture? Classes are taught in a fun and welcoming environment for non-English-speaking adults.

¿Listo para prosperar en la comunidad aprendiendo a hablar inglés y a entender la cultura estadounidense? Las clases se imparten en un ambiente divertido y que le dan la bienvenida a los adultos que no hablan inglés.

Classes begin May 7 and June 11

\$0/6 classes Monday's 7:00-8:00pm

Functional Fitness for Everyday Living

Ages 18 and up

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This full-body workout will focus on muscle endurance and total body stability, which will help you do day-to-day activities with confidence. In this class, you will be encouraged to move at a slower pace to ensure that proper form is followed and you feel your workout.

\$8/month Wednesday's 9:30-10:15am

\$8/month Friday's 9:30-10:15am

Gentle Yoga

Ages 15 and up

Taught by Nadine Morrison, this calming, stress-relieving yoga class will stretch and strengthen the body gradually. Emphasis will be placed on building awareness of the breath and the body. This class focuses on gentle flowing movements, passive and supported poses, and deep, relaxing stretches to build flexibility and strength. All levels are welcome. Please bring your own mat.

Classes begin on the first Thursday of each month

\$40/4 classes Thursday's 6:15-7:00pm

Prenatal Yoga

Ages 18 and up

This class focuses on safe, gentle, and relaxing poses for pregnant women, in order to increase strength and flexibility. It also helps pregnant women to maintain a healthy body and to develop proper breathing and relaxation techniques for easier and more comfortable labor. All levels are welcome. Please bring a mat. Doctor's permission is required for this class.

\$40/4 classes Thursday's 7:15-8:00pm

Soul Line Dance & Get Fit

Ages 18 and up

This line dance class is for individuals new to line dancing and those who want to learn new line dance basics. Soul Line Dance is taught at a slow-to-moderate pace. Do not be fooled by the title: You will learn and practice some great cardio workouts and low-, medium- and high-impact soul line dances. Come prepared to move, sweat and have fun!

\$5/class Sunday's 3:00-4:30pm

Tai Chi

Ages 18 and up

End the week in a relaxing and insightful way at this Tai Chi class that's offered at Abbott's Creek every Sunday evening. Tai Chi offers a more gentle approach to the martial arts, reducing stress, improving balance, and increasing flexibility. The rhythmic movements performed in this class engages the mind and body, and is designed for both beginner and advanced participants.

\$5/class Sunday's 5:00-5:55pm

Zumba

Ages 10 and up

Zumba dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party!

\$5/class Wednesday's 7:00-8:00pm

Free Open Play/Gym Opportunities

Game Time for Active Adults

Ages 18 and up

Looking for a place to play a hand of cards, put down a 'Tans' in Mahjong, or hit a hole in one in a round of digital golf on a Wii? Join your friends at Abbotts Creek Community Center for games and socializing every Tuesday and Wednesday afternoon. Game time goes on hiatus June 11-August 10. Tuesdays and Wednesdays from 1:00-3:30

Tot Time

Ages 0-5

The gym is your playground! Come meet other families in your community in a recreational setting. Sports and recreation equipment will be available for use. Registration (online or on site) is required to attend. Weekday Tot Time goes on hiatus from June 11-August 10 but will continue with Saturday times all summer long

Mon/Wed/Fri 7:00-12:00pm

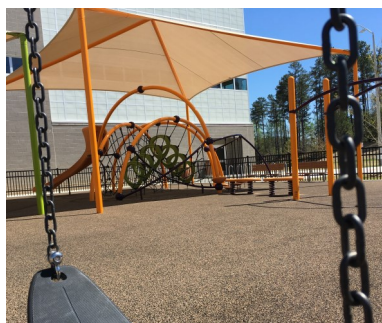
Tues/Thurs 1:00-3:00pm

Saturday 9:30-11:30am

Young Athletes

Ages 0-5

Special Olympics Young Athletes is a sport and play program for children with and without disabilities that introduces basic sport skills like running, kicking and throwing. This program will be facilitated by an instructor, but caretakers are asked to stay at the program and assist as needed. Young Athletes takes place on the first Saturday of each month from 9:30-11:30.



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Fitness Center

Abbotts Creek Fitness Center (18yrs and up)

Check out the fitness room at Abbotts Creek! Take advantage of the variety of state of the art cardiovascular and strength training equipment available and get into shape. The fitness room is open during normal center operating hours (Mon-Fri 7:00am-9:00pm, Sat 9:00am-3:00pm, and Sun 1:00pm-6:00pm). See staff for additional information.

Monthly Pass: \$15; Daily Pass: \$2

Did you know?

You can register for our programs two different ways:

In person - drop by any City of Raleigh Community Center

Online - <https://reclink.raleighnc.gov/> -> login or create new account -> browse programs/camps -> Advanced Search -> input keyword(s) for class-> search -> find class and click "show courses" -> Add

Abbotts Creek Community Center is for everyone!

Our community center is YOUR community center! No membership fees or dues are required to have access to the center! All programs, activities, and spaces are available to anyone at a reasonable price! Talk with Center staff for more information on what we offer!

Our Greenway connection is open!

The Abbotts Creek greenway connection is open! Jump on the greenway for a scenic walk, bike ride, trip to the playground, or climb "trash mountain"!

Rentals

Abbotts Creek has multiple indoor and outdoor locations available for rent. See the next page for details.

Open play

Abbotts Creek has many free open play opportunities available to patrons. Grab a calendar from the front desk for the monthly schedule! Offerings include Senior, Adult, and Youth/Family Basketball, Volleyball, Tot Time, and others.

Drop in classes

Don't have the flexibility in your schedule to commit to a multiple session class? That's ok! We have multiple drop in classes available for the whole family for the price of \$5/session! Take a look at our program listings for a list of opportunities!

Summer camp is coming!

Summer camp begins at Abbotts Creek on June 11th! We are home to both Summer X-Press and Teen X-Treme camps. While the building might be less available during the summer for open play and program opportunities, the park and playground are always open to the public!

We want to hear from you!

Abbotts Creek staff love receiving feedback! Please let us know if you have ideas for how we can better serve you! Send us an email (Abbotts.Creek@RaleighNC.gov), call us (919-996-2770), or drop by (9950 Durant Rd.). We also have a feedback board located in the lobby!

We're hiring!

Abbotts Creek is looking for friendly individuals who are passionate about serving their community to join our family! We're looking for front desk staff, instructors, and camp counselors! To apply, go to raleighnc.gov -> jobs -> and apply! Need more information, contact Abbotts Creek Community Center with question (919-996-2770).

Coming soon!

Be on the lookout for these classes that are coming soon to Abbotts Creek Community Center!

Balanced Fitness

Ages 18 and up

Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Class begins Fall 2018

Lawn Care for Beginners

Ages 16 and up

Have you ever wondered how to get your lawn to look lush and green year around? How do you know if you need to add lime to your soil? When is the right time to aerate your lawn? Join Abbotts Creek Community Center and their partner, Westlake ACE Hardware for this beginner class in lawn care.

Class begins Fall 2018

Lose it and Keep it Off Forever - Achieving an Ideal Weight

Ages 18 and up

Are you tired of caring around these extra pounds, extreme dieting with Yoyo effect, or stress and emotional eating? Would you like to finally get ALL the way down to your most confident, healthiest weight once and for all? If so, this seminar is perfect for you as we will discuss different styles and levels of exercising, a nutritious and sustainable diet, maintaining a positive mindset and balance to achieve that slim body you're seeking. You will learn about simple tools to help you to lose weight and integrate a healthy and active lifestyle into your daily life. You will leave this seminar renewed, inspired and ready to finally lose all of the weight you want once and for all. This class, taught by Nadine Morrison, is free to Abbotts Creek patrons but requires preregistration.

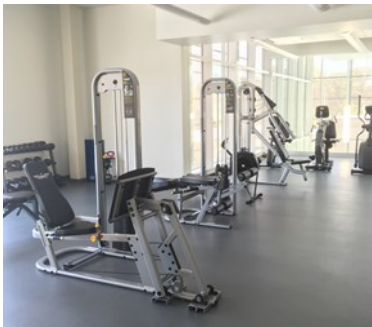
Class begins Fall 2018

Total Body

Ages 18 and up

Improve your quality of life by building strength, balance, and flexibility; aspects of your health which are essential to maintaining physical independence. In this class you will use body weight, hand weights, resistance bands, and other exercise equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Class begins Fall 2018



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Abbotts Creek Community Center Rental Information

Don't forget Abbotts Creek for your next rental! We would love the opportunity to provide you with space for your next birthday party, wedding, business meeting, family reunion, or any other event you can imagine! Rental information is available on the Abbotts Creek webpage. Go to RaleighNC.gov and search for Abbotts Creek Community Center! Be sure to call with questions: 919-996-2770.

Multipurpose Room

Rental Rate: \$70 per hour (2 hour minimum)

Maximum capacity: 136

Square Footage: 56' x 23'

Attributes: Sink, counters, TV, projector/screen



Classroom

Rental Rate: \$60 per hour (2 hour minimum)

Maximum capacity: 42

Square Footage: 26' x 35'

Attributes: Dry erase board, TV, sink



Fitness Studio

Rental Rate: \$60 per hour (2 hour minimum)

Maximum capacity: 44

Square Footage: 26 x 29

Attributes: Upstairs, mirrors, TV



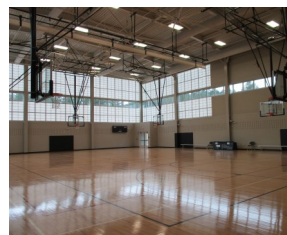
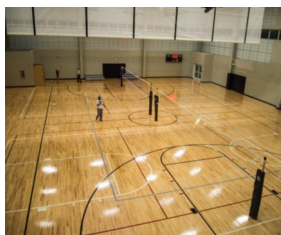
Gymnasium

Rental Rate: \$80 per hour (2 hour minimum)

Maximum capacity: 325

Square Footage: 82' x 102'

Attributes: Air conditioning, wood floor, 6 basketball goals, volleyball nets available



Warming Kitchen

Rental Rate: \$20 per hour (2 hour minimum)

Attributes: Microwave, refrigerator, stove, oven, stand alone ice maker, connects to Multipurpose Room with serving counter.



General rental fees

Non-refundable Application Fee: \$15

Security/Damage Deposit: \$100

Supervisory Fee: \$20/hour (before/after center operating hours)

Start application process: 919-996-2770 or

Abbotts.Creek@raleighnc.gov



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Classes are being added frequently — be sure to keep an eye on the Abbotts Creek website for updated class offerings!

Go to RaleighNC.gov and search for Abbotts Creek Community Center.

